

Fun, Advocacy, and Brainpower



October FAB Topic: Politics

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Michel Zbinden / Calendar 481SS

Agenda



Introductions



Ground Rules



1. Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
2. Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
3. Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



Fun Games

- Enjoy playing one or more of the games for the month.
- Share one or more of the wonderful recipes at your meeting.
- See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!

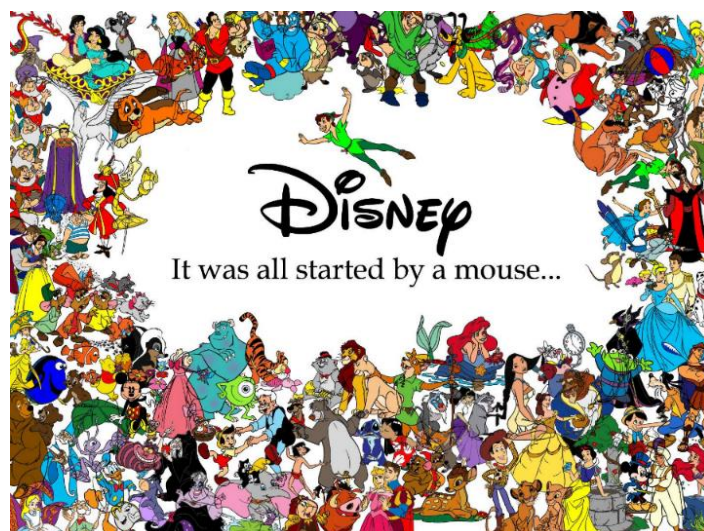


- End with asking if anyone has any questions or comments.



Games

WOULD YOU RATHER: Disney Edition



Instructions on how to play this game are very simple.

1. Read each statement based on Disney movies.
2. Pick which one you would choose for your life.
3. Answer why you would choose this.

Would you rather...
Have a huge library like Belle?



or

Have a restaurant like Tiana?



Live in a jungle like Mowgli?



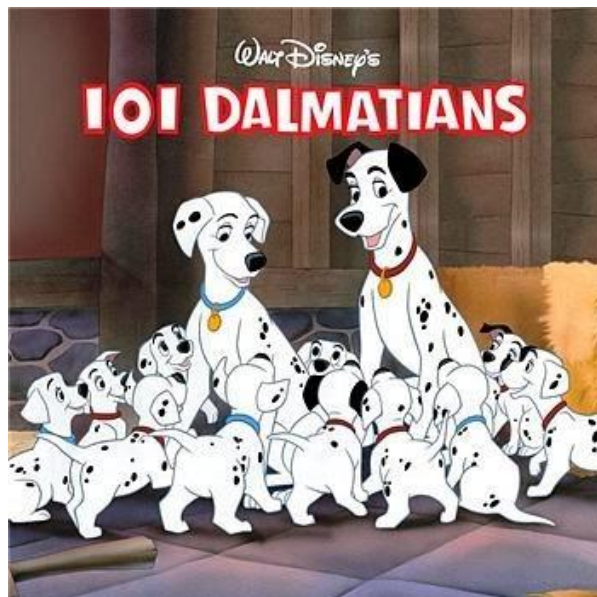
or

Live in a forest like Bambi?



or

Have 101 dalmatians?



or

Have a monster like Mike Wazowski as a friend?



or

Be friends with Timon and Pumba?



or

Be friends with the Genie?



Have a magic mirror like the evil queen?



or

Have magic powers like Elsa?



The Guessing Game



Rules:

The rules of the guessing game are simple.

- There are multiple choice answers to the pictures below.
- Guess what the pictures are.



1. Guitar
2. Drums
3. Cello



1. TV
2. Computer
3. Toaster



1. Car
2. Van
3. House



1. High Heels
2. Sneakers
3. Boots



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate

Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.

How bills are made in CT



<https://www.cga.ct.gov/html/bill.pdf>

How laws are made and how to research them



[How Laws Are Made | USAGov](#)



<https://www.motherjones.com/politics/2012/11/voting-rights-mental-disabilities/>



Voting Rights — Disability Rights Connecticut, Inc.
(disrightsct.org)



Working With Your Legislator Toolkit

<https://autisticadvocacy.org/policy/toolkits/civic-2/>



Ben's Guide

<https://bensguide.gpo.gov/>



<https://www.usa.gov/>

Virtual Board

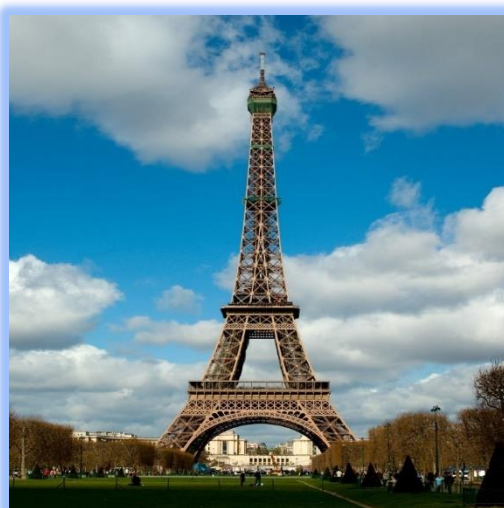


Cooking Ideas and Exercise

Recipes:



Grape Truffles- France



Prep time: 15 Minutes



Cook time: Chill



1 package green grapes, cleaned



2 - (4 oz) packages goat cheese

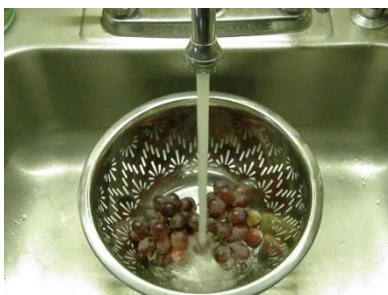


1 - (6 oz) package no-shell pistachios, crushed



Instructions:

#1 Wash and dry grapes.



#2 Pour out crushed pistachios onto a small plate or cutting board.



#3 Cover each individual grape with a thin layer of goat cheese, then roll in crushed pistachio nuts.



#4 Poke each one with a serving toothpick and place on a serving platter. Refrigerate and serve cold.



Microwave Nachos



you will
need:



Tortilla Chips



Shredded
Cheese



Salsa



Sour Cream

tools:



Microwave



Plate



Spoon

Steps:

1



Put chips on
plate



Put cheese
on chips

2



Put in
microwave



Heat for 1
minute



Take out of
microwave

3



Spoon salsa
on plate



Spoon sour
cream on plate

Eat & Enjoy



Mini Pizzas

<https://accessiblechef.com/recipes/personal-pizza/>

Cheese Toastie

<https://accessiblechef.com/recipes/cheese-toastie/>

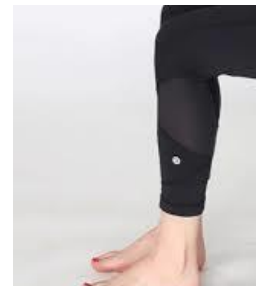
October Exercises

Seated Knee Raises

Begin seated in your chair with your hips back in the seat and sitting up straight while performing this exercise.

Follow these steps:

1. Put your feet flat on the ground or squarely on your wheelchair's footplate.



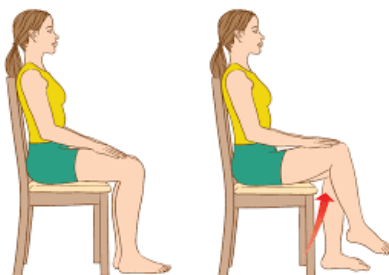
2. Slowly lift one foot off the ground in front of you as far as you can.



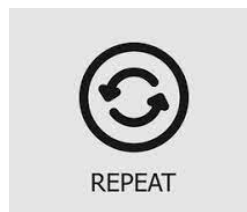
3. Hold that position for five seconds.



4. Alternate/Switch legs each time.



5. Repeat this exercise ten times for each leg.



Links to Exercises

Dance Monkey-

https://youtu.be/r-7Z1Tg_Sbw

Wheelchair Yoga-

<https://youtu.be/ZwJ9pGxJKGc>

Mas Macarena | Zumba® | Live Love Party - YouTube

